



Sun Safety Policy

Outdoor learning is an important aspect of Bear Hugs Nursery life. We understand that the children's health is of greatest importance and during the summer we request that all children have sun cream applied before they attend their session at nursery, allowing them to safely spend time in the sunshine.

Sunscreen and Sun Safety, NHS

Sun cream

- All children who attend Bear Hugs Nursery should have sun cream applied before the start of their session/s
- Sun cream will then be reapplied to all those attending a full day session by staff members at 1.30pm for the afternoon, or more frequently if requested by parents/carers
- Parents are asked to supply their child with their own clearly labelled sun cream
- Staff will not be responsible for applying sun cream during the morning/afternoon sessions unless advised by parents/carers upon drop-off
- Bear Hugs Nursery will provide factor 30 sun cream for any child who does not have their own sun cream
- In extreme sunny weather, staff may find it necessary to top up sun cream more regularly or keep children indoors between 11am and 3pm
- Staff will follow sun safe guidance, which recommends that 2 teaspoons are added on the head, arms and neck, and that two tablespoons of sun cream are applied to whole body. Sun cream will be applied 30 minutes before the children go outside so the sun cream can take full effect

Shade

- We will encourage children to play in the shade, especially between 11am and 3pm, when the sun is at its strongest

Clothing

- Cover up: The most protection from the sun comes from clothes that are long sleeved and manufactured from tightly woven fabrics. UV rays can penetrate through loosely woven fabrics
- To keep children cool in warmer weather, cotton clothing is ideal. Tee shirts are acceptable, however thin straps are not, as shoulders are particularly susceptible to burning
- Dress your child in light coloured clothing to help keep them cool
- All children in the sun must wear a hat, either broad-brimmed, bucket style or legionnaire, to adequately shade the face, neck, ears and cheeks. Baseball caps are not recommended, because they do not provide shade to the neck, ears or cheeks
- We use sun safe strategies to encourage children to cover up, such as ‘No hat, play indoors’
- Staff must also wear suitable hats and clothing to reinforce role modelling

Keeping hydrated

- Water stations will be supplied throughout the day, for children to access fresh water to ensure they are staying hydrated in the warmer weather

Renewing our Sun Safety Policy

- Bear Hugs Nursery will regularly monitor and review the effectiveness of this policy and will update the policy on an annual basis